



# 2009-2010 Kid Zone Enrichment Program Nutrition Log Sheet



- ◇ 7.5 hours each week for all PM staff. 2.5 hours each week for all AM staff. Please complete AM & PM separately.
- ◇ Your Program Manager or Site Coordinator must review, approve, and sign. Turn this sheet in every Friday with your packet.

Staff Name:				
Site:		AM / PM Please log AM and PM separately		Week of:
DATE	Description of Activities	Hours	Total Contacts	Initial

\*\*\*\* Estimated Length of Sessions \*\*\*\*

Shortest:

Longest:

Please indicate how many times you taught the following nutrition/physical activity topics this week:

(Can be any length of time & can be taught more than once a day)

#	Topic	#	Topic	#	Topic
	A: Fat Free & Low Fat Milk or Equivalent		F: Lean Meat & Beans		K: Sodium & Potassium
	B: Fats and Oils		G: Limit Added Sugars or Caloric Sweeteners		L: Whole Grains
	C: Fiber Rich Foods		H: MyPyramid – Healthy Eating Plan		M: Food Safety / Hand washing
	D: Food Shopping / Prep		I: Physical Activity		Q: Hydration
	E: Fruits & Vegetables		J: Promote Healthy Weight		

I verify that the hours I submitted are accurate: \_\_\_\_\_

Certified by Program Manager/Site Coordinator: \_\_\_\_\_

Total  
Hours

Total  
Contacts

#### 10 ways to incorporate nutrition into center time:

1. Read a book with a food or nutrition theme. Then discuss the food mentioned. (examples: The Very Hungry Caterpillar features fruits, Tops and Bottoms features vegetables, Gregory the Terrible Eater talks about balancing healthy and sometimes foods, and Cloudy with a Chance of Meatballs features all sorts of foods to sort into their respective groups)
2. Make paint stamps out of foods. Good foods to do this with are potatoes, apples, pears, carrots, corn on the cob, radishes, and turnips.
3. Create food collages out of grocery store ad cutouts. You can have children make a balanced meal on a plate, create a collage featuring one color or their favorite healthy foods, or use the food pictures to make a larger picture of a person (apple head, pasta hair, celery legs/arms, etc.).
4. Make MyPyramid out of Legos or blocks.
5. Set up creative play as a restaurant that features healthy foods. Extend the enrichment by making the restaurant African, Japanese, or Kosher.
6. Set up creative play as a farmer's market. Explain to children how all food comes from natural environments and how great plant foods are.
7. Make a grocery store out of old boxes. Have children shop on a budget to teach math and teach them the importance of creating a grocery list to plan out their healthy diet.
8. Borrow nutrition resources like MyPyramid games or fruit and veggie games for the board game table.
9. Use beans in empty mancala boards and talk to kids about how beans are a vegetable AND a meat/beans group food. They are full of fiber and naturally low in fat.
10. For an inside active game, use old baskets and request some of our AZNN stress balls to make a fruit/veggie toss game you can keep at your site.

#### 10 ways to incorporate nutrition into snack time:

1. Read food labels and explain what they mean.
2. Have children figure out what food groups the snack fits into. Hang a poster of MyPyramid near the snack table to use as a visual aid.
3. Encourage children to eat healthy snacks to satisfy the daily requirements recommended by the Dietary Guidelines (MyPyramid) in cups and ounce equivalents.
4. Hold a trivia game during snack time that focuses on healthy concepts. Ideas are available from the nutrition office.
5. Have children make their own placemats for snack with a special eat smart, play hard theme: Borrow the nutrition digital camera to print their pictures and use stickers, grocery store ads, special papers and other fun things to make an EAT SMART collage they can eat on. We can laminate them up here in the office.
6. Do a food demo during snack time (a captive audience) and they can eat it all together with snack.
7. Read a nutrition-themed book during snack time. A list is available from the office.
8. Hold a site-wide contest of Adventurous Eaters who always try new foods at snack and eat healthy things. Forms and prizes are available for free from the office.
9. Invite the principal, PE teacher or a favorite school staff member to eat snack with you and be sure to lead a discussion about what foods help keep our bodies strong. Have the special guest join in.
10. Talk about the difference between a snack and a meal. Snacks tide us over and should be small. We don't always need seconds and thirds of snacks. Encourage children to be smart with snack.

#### 10 ways to incorporate nutrition into active game time:

1. Have a MyPyramid Relay Race to see who can place the food pictures or plastic play food into the correct group on MyPyramid.
2. While playing Medic, remind kids that getting physical activity and eating nutritious foods can help us avoid going to the "medic" for heart disease, diabetes, and some cancers.
3. Play a game of "Hot Potato" while moving around the active game area. Try walking, skipping, and walking backwards while tossing the ball. Talk about potatoes (they are a vegetable that contains fiber and Vitamin C). Next, play "Hot Pepper" or "Hot Tomato."
4. Play "Refrigerator" (the same as Car Lot) where each child chooses a food to be. Then call out "Grains group foods" or "Milk group foods" and children have to decide which group they are in to run across the space and get in the Refrigerator before the "Hungry Children" eat them up.
5. Explain the difference between cardiovascular physical activity (P.A.), weight bearing P.A. and stretching/flexibility P.A. Cardio works our heart and lungs and we breathe hard and our heart beats hard when we participate in cardio P.A. Weight Bearing P.A. helps keep our bones strong and can be jumping, lifting weights, pull-ups, push ups, and any activity that uses weight resistance. Stretching helps keep us from injuring our muscles and ligaments when we participate in P.A. and helps our flexibility. Simple stretches and yoga are examples of this kind of activity.
6. Demonstrate no or low cost ways to get physical activity: callisthenics, yoga, walking, playing tag, lifting cans of food, wall ball, dancing, and more.
7. Hold a Boot Camp for Kids where children go through obstacle courses for health.
8. Pass the Orange: Divide kids into two teams. Each team must pass the orange using only their neck and chins. If dropped, the orange must return to the front of the line. First orange to the end wins. Serve orange wedges afterwards and let kids know that oranges are a fruit loaded with Vitamin C that helps our immune system heal us.
9. Fruit Salad: Fruit is the Red Group: Vitamin C and Fiber are main nutrients. How to play "Fruit Salad:" Children sit in two facing rows (Teams) with their feet touching the end of person's feet across from them (The Ladder). Each pair is a different fruit. When leader calls that fruit, the pair stand and run through The Ladder carefully from their spot, to the end, and back again to their spot. First child who sits down gets a point for their team. If children step on anyone's legs, it's an automatic point for the other team.
10. Food Groupie Adventures: Create a series of nutrition themed active centers in the MPR active game area like: Fruit basket toss (baskets and our fruit stress balls), potato sack racing, Hot Pepper (like hot potato), water jug lifting, etc.

#### 8 ways to incorporate nutrition into squads time:

1. Play, "Let's go to a picnic" (like the camping game that features word patterns or groups) and have children name healthy foods, green foods, foods that start with the letter "t" or fruits and veggies (for example).
2. Play the Alphabet Game: children have to think of foods that start with letters a-z in order.
3. Go over the snack/lunch menu and talk about the foods you will be eating.
4. Feature a nutrition center every week and use squads time to discuss the important concepts featured at that center.
5. 20 questions: Healthy Foods version.
6. Play "Telephone" and feature healthy slogans such as "You have to eat smart and play hard for a healthy body." Or "Discover the power of fruits and vegetables." Or "Go low with one percent or fat free milk."
7. Play "What's in My Hand?" and make it a healthy food. (Use a bag or box if it is too big).
8. Make a "Squads Game Grab Bag" listing the name and direction of all of these healthy food games (for log time) and have children help pick which one will be played that day.